

December at ChAPS

Christmas is coming! And we have lots planned at **ChAPS**...

- We have a family Christmas crafts evening planned on **Thursday 1st of December** at **The Ark** from 6 -8pm, with gingerbread decorating, hot chocolates, Christmas baps, a tombola, and a name the giant teddy. This will be to raise funds for **ChAPS** and to provide a fun family evening for our members.
- On **Saturday 10th of December 10am-12pm** we are hosting **Breakfast with Santa** at **The Ark Café**, for a chance to visit Santa in his grotto, where the children will receive a gift, and an opportunity to have a photo with Santa. Also enjoy a full English breakfast.
- **Member's Lunch** for parents, carers and adults on the spectrum will take place at **The Ark Café** on **Friday 9th December from 12-2pm**. Enjoy a discounted winter warmer menu where you can choose from two courses!
- **Urban Air Christmas Party** is on **Wednesday 14th December from 4.30-6.30pm**. This includes a 1-hour jump, hot dogs or pizza with fries, unlimited juice along with ice-cream for dessert! Maybe a visit from Santa!
- Our youth and kids clubs will be delivering their own Christmas parties, take a look at the diary of events for those dates.

All the details will be provided in the activity links email that all members receive.

For information... **The Ark Café** will close on Thursday 22nd December, and the office will close on Friday 23rd December. Both will reopen on Tuesday 3rd January 2023. There will be some **ChAPS** staff online throughout Christmas week if you do require any support.

We hope your Christmas and New Year is exactly how you wish it to be and here's to another jam-packed year in 2023.



Thank you

Each month we receive help and generous donations from our members, groups, and organisations. We are extremely grateful for any donations, whether it be time spent helping with a job at the centre, items such as crafts to sell or funds towards the work we do.

Thank you to those who completed our replacement sponsored walk on Sunday 20th November from **The Ark**, Northwich for a 5km circular route. We raised over £600 which is incredible!

Thank you to Cheshire Autism Football Club who continuously support us with playing football, and giving us support in their own time, especially with recently preparing the base for our greenhouse and assembling it for us, as well as all of the planning ahead to help us. We are very grateful and appreciate everything you do for us. Please check them out on Facebook at Cheshire Autism Football Club.

SOSA Dance & Boxer-Boogie

Dancing can be a great way to boost your mood. It is a fun and social activity that can make you feel happier and more positive as well as increasing self-confidence.

Boxer-Boogie! An exercise class that uses boxing moves to music routines... Join **Ginette** at **The Ark** in Northwich every **2nd & 4th Thursday** of every month, the Old Police Station in Runcorn **3rd Thursday** of every month, and Elton Community Centre in Chester on the **1st Wednesday** of every month. This exercise is fun, nonjudgmental, and fitness for all levels.

SOSA Dance! This Low Impact & High energy Calorie burning, Sassy Class will have you singing to your favorite songs, laughing your head off, learning how to Salsa, jive, Cha cha, Tango, Zouk, Raggaeton, waltz, Disco and so much more ...and No Partner needed! Join **Charlotte** at **The Ark** in Northwich **1st & 3rd Tuesday** of every month.

Beyond The Spectrum

Beyond The Spectrum is a free, online creative writing program for Autistic adults and young people, encouraging participants to develop new skills, express themselves creatively, and establish new networks with Autistic writers. They host free fortnightly online workshops run by Autistic Lead or Support Writers and tailored to your needs.

Released new dates for the 22/23 program of workshops for Autistic children and young people aged 11-17. For young people who have a passion for writing and would be interested in joining a supportive and welcoming young writers' group. Please find below links to the registration forms which include dates and more information...

Mondays, 6-7.30 pm (13-17yrs)

<https://writingeastmidlands.wufoo.com/forms/q1bdq79c03w1uzd/>

Tuesdays, 7-8.30 pm (11-13yrs)

<https://writingeastmidlands.wufoo.com/forms/q6mj2c31m8gpn3/>

Thursdays, 6-7.30 pm (11-13yrs)

<https://writingeastmidlands.wufoo.com/forms/qgyynbf1794e2x/>

Diary of Events – Key

(A) - For Adult members

(C) – For children (please see the Eventbrite to check if siblings are included!)

(P) – For parents and carers

If you have any suggestions for our **ChAPS** newsletter or ideas about how we can make it easier to understand, please email admin@cheshireautism.org.uk

Diary of Events

| | | | |
|-------|------------------------|---|---------------|
| 1 Dec | NORTHWICH (A) | Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri. | 10am-4pm |
| 1 Dec | E'PORT (C) | Kids Club at The Community Hub CH65 9BD with Diane & Jess. | 5.45-7.15pm |
| 1 Dec | NORTHWICH (A)(C)(P) | Family Christmas Crafts Evening at The Ark CW8 1BE with ChAPS Staff. | 6-8pm |
| 1 Dec | E'PORT (P) | Parents Meeting at The Community Hub CH65 9BD with Diane & Leona. | 7.30-8.45pm |
| 2 Dec | DELAMERE (A)(P) | Parents & Adults Walk at Delamere Forest CW8 2HZ with Carey. | 12-2pm |
| 3 Dec | NORTHWICH (A)(C)(P) | Family Swim at Memorial Court Northwich CW9 5QJ with Terri. | 4.30-5.30pm |
| 5 Dec | CHESTER (C) | Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica | 4.30-6pm |
| 5 Dec | NORTHWICH (C) | Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda. | 5-6.30pm |
| 5 Dec | ZOOM! (C) | Children's Mindfulness with Di MinDees. | 7pm |
| 5 Dec | WINSFORD (A) | Spectrum Connect at The Hive CW7 3DA with Terri & Bobbie. | 7.30-9pm |
| 5 Dec | ZOOM! (C) | Teen Chat - 12yrs+ with Di MinDees. | 8pm |
| 6 Dec | RUNCORN (A) | Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane. | 10am-4pm |
| 6 Dec | NORTHWICH (A)(C)(P) | Geek Retreat at Barons Quay CW9 5FT with Nic & Seb. | 6.30-8pm |
| 7 Dec | B'TRAFFORD (C) | Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane | 10.30-11.15am |
| 7 Dec | RUNCORN (A) | Adults Meet at the Old Police Station WA7 1DF with Emma & Hayley. | 12-1.30pm |
| 7 Dec | TEAMS (A) | Adults Mental Health Support Group with Emma. | 6-7pm |
| 7 Dec | WARR'TON (C) | Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren. | 6.30-7.30pm |
| 7 Dec | CHESTER (A)(P) | Boxer Boogie at Elton Community Centre CH2 4PU with Diane & Ginette. | 7.15-8.15pm |
| 8 Dec | NORTHWICH (A) | Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri. | 10am-4pm |
| 8 Dec | E'PORT (C) | Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess. | 6-7.30pm |

| | | | |
|--------|------------------------|---|--------------|
| 9 Dec | WARR'TON (A) | Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane. | 10am-4pm |
| 9 Dec | NORTHWICH (A)(P) | Member's Meal at The Ark Café CW8 1BE with ChAPS Staff. | 12-2pm |
| 10 Dec | NORTHWICH (A)(C)(P) | Breakfast with Santa at The Ark Café CW8 1BE with ChAPS Staff. | 10am-12pm |
| 10 Dec | E'PORT (C) | Multi Sports at E'Port Sports Village CH65 9LB with Johnnie & Simon. | 3.15-4.15pm |
| 10 Dec | E'PORT (A)(C)(P) | Family Swim at E'Port Sports Village CH65 9LB with Johnnie & Simon. | 4.30-5.30pm |
| 11 Dec | WIDNES (C) | Anti-Gravity Yoga at Martial Arts Centre WA8 0QZ with Hayley. | 12.30-2.15pm |
| 11 Dec | NORTHWICH (P) | Wellbeing Weekend at ChAPS Autism Ark CW8 1BE with Terri. | 12.30-3.30pm |
| 12 Dec | NORTHWICH (A)(P) | Crafty Club at ChAPS Autism Ark CW8 1BE with Terri. | 1-2.30pm |
| 12 Dec | CHESTER (C) | Kids Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica. | 4.30-6pm |
| 12 Dec | NORTHWICH (C) | Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda. | 5-6.30pm |
| 12 Dec | ZOOM! (C) | Children's Chat with Di MinDees. | 7pm |
| 12 Dec | ZOOM! (C) | Teen Mindfulness – 12yrs+ with Di MinDees. | 8pm |
| 13 Dec | RUNCORN (A) | Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane. | 10am-4pm |
| 13 Dec | NORTHWICH (A)(P) | Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey. | 1-2pm |
| 13 Dec | NORTHWICH (A)(C)(P) | SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Terri. | 7-8pm |
| 13 Dec | NORTHWICH (P) | Parents Meeting at ChAPS Autism Ark CW8 1BE with Terri & Leona. | 8-9.15pm |
| 14 Dec | CHESTER (P) | Parents Meeting at Lache Comm. Centre CH4 8HX with Diane. | 10am-12pm |
| 14 Dec | WARR'TON (A) | Adults Meet at Saint Paul's Church WA5 2RX with Emma & Hayley. | 12-1.30pm |
| 14 Dec | WINSFORD (C) | Urban Air Trampoline Park Xmas Party CW7 3RL with Carey, Bobbie & Nic. | 4.30-6.30pm |
| 14 Dec | TEAMS (A) | Adults Mental Health Support Group with Emma. | 6-7pm |
| 15 Dec | NORTHWICH (A) | Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri. | 10am-4pm |
| 15 Dec | E'PORT (C) | Kids & Youth Club Xmas Party at The Community Hub CH65 9BD with Diane, Jacqui & Jess. | 5.45-7.15pm |
| 15 Dec | RUNCORN (A)(P) | Boxer Boogie at the Old Police Station WA7 1DF with Hayley & Ginette. | 7.30-8.30pm |
| 16 Dec | WARR'TON (A) | Learning4Life at The Old School WA1 3AJ with Chelsey & Diane. | 10am-4pm |
| 16 Dec | KNUTSFORD (P) | Parents of Adults at the Kilton Inn WA16 0PZ with Carey. | 11am-12.30pm |
| 17 Dec | CHESTER (P) | Wellbeing Weekend at St Mary's Handbridge CH4 7HL with Diane. | 10am-1pm |

| | | | |
|--------|------------------------|---|--------------|
| 17 Dec | RUNCORN (A)(C)(P) | Family Swim at Beechwood Comm. Centre WA7 3HB with Lauren. | 5.30-6.30pm |
| 18 Dec | RUNCORN (P) | Wellbeing Weekend at the Old Police Station WA7 1DF with Hayley. | 10am-1pm |
| 18 Dec | B'TRAFFORD (C) | Animal Therapy at Freedom Equine Centre CH2 4JT with Diane. | 12.30-4.15pm |
| 19 Dec | CHESTER (C) | Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica | 4.30-6pm |
| 19 Dec | NORTHWICH (C) | Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda. | 5-6.30pm |
| 19 Dec | ZOOM! (C) | Children's Mindfulness with Di MinDees. | 7pm |
| 19 Dec | NORTHWICH (A) | Spectrum Connect at ChAPS Autism Ark CW8 1BE with Terri & Bobbie. | 7-8.30pm |
| 19 Dec | ZOOM! (C) | Teen Chat - 12yrs+ with Di MinDees. | 8pm |
| 20 Dec | RUNCORN (A) | Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane. | 10am-4pm |
| 20 Dec | NORTHWICH (A)(C)(P) | Geek Retreat at Barons Quay CW9 5FT with Nic & Seb. | 6.30-8pm |
| 21 Dec | RUNCORN (A) | Adults Meet at the Old Police Station WA7 1DF with Emma & Hayley. | 12-1.30pm |
| 21 Dec | TEAMS (A) | Adults Mental Health Support Group with Emma. | 6-7pm |
| 21 Dec | WARR'TON (C) | Climbing Club at North West Face Climbing Centre WA2 7NE. | 6.30-7.30pm |
| 22 Dec | NORTHWICH (A) | Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri. | 10am-4pm |
| 22 Dec | NORTHWICH (A)(C)(P) | Boxer Boogie at ChAPS Autism Ark CW8 1BE with Bobbie & Ginette. | 7-8pm |
| 28 Dec | TEAMS (A) | Adults Social Meet with Emma. | 6-7pm |

Need More Help or Information?

Ruth/Lisa Admin Staff - For Attention Cards, Gift Aid, Child Registration Forms & everything else Admin

E: admin@cheshireautism.org.uk

E: lisa.dutton@cheshireautism.org.uk

T: 0344 850 8607

Emma, Specialist Teacher - For Mental Health Therapy, Adult Sessions, Support & Training

E: therapies@cheshireautism.org.uk

M: 07462 868322

Caron, Support Worker - For Advice & Support

E: caron.pitigala@cheshireautism.org.uk

M: 07462 887815

Carey, Families Manager - For Intensive Group Sessions, Counselling, Learning4Life, Swimming & Support

E: families@cheshireautism.org.uk

M: 07462 887815

Natalie, Business Manager - For Recruitment, Finance, GDPR, Safeguarding, & any fundraising ideas!

E: business@cheshireautism.org.uk

M: 07476 280356

www.cheshireautism.org.uk

Please note we take every precaution to ensure the information we share is accurate, but the information we signpost is not a recommendation from ChAPS (unless stated) and parents should do their own research about organisations and events signposted in our Newsletter. Professional colleagues who wish to **opt out** from receiving this Newsletter should reply to this email with unsubscribe as the message subject thank you.



**Cheshire and
Merseyside**
Health and Care Partnership

Steve Morgan
FOUNDATION

